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exercise. sleep. eat healthy food. laugh. love. play. work hard. and don't forget about your mental health. seek professional help if you need it.

MENTAL HEALTH AT UTAH STATE



PHOTO BY Chantelle McCall

This week's issue of The Utah Statesman is dedicated to the fight for greater mental health: fighters, advocates and professionals alike.

Mental health concerns are rarely visible and can affect us all, both through personal experiences and the unseen challenges facing those around us. Many of our friends, family members and fellow students deal with these concerns on a daily basis. We believe maintaining mental health is key to success in life and working toward better mental health is something we all must do. This week's issue is filled with information about different mental illnesses, coping mechanisms, personal stories and professional resources so we may all be advocates for our own mental health and the mental health of our fellow Aggies.



On-campus mental health services

By Carson Wolf
STUDENT LIFE STAFF WRITER

Utah State University provides many resources to students or students who are struggling with mental health issues or dealing with traumatic events.

USU provides 19 free services for students to help them with any problems they may be having.

One of the many services USU provides is Counseling and Psychological Services.

The clinical director and staff psychologist for CAPS, Mark Nafziger, said CAPS provides many different services for students who are eligible (students must be enrolled with six to nine credits at minimum).

Nafziger said CAPS includes individual and group counsel therapy, outreach and presentations, consultations with groups of student affairs and psychoeducational assessments (assessments for people who think they have a learning disability, like ADHD).

The staff includes a variety of trainees on different levels, including a peer-reach group of undergraduates, students from the psychology department, as well as graduate assistants and students who are completing their pre-doctoral internships.

Nafziger said scheduling an appointment includes filling out 20 minutes of paperwork and scheduling a 30-minute initial consultation with a CAPS counselor to understand why the student came in and what their concerns are.

CAPS also provides online sources for those who aren't comfortable with a face-to-face consultation.

Nafziger said he would like students to know there isn't a problem too small to be able to come and seek help. He said many students come to the CAPS office with test anxiety, adjustment and relationship issues, or seek help with developing relaxation skills, anxiety management skills and coping strategies.

"We don't want students to feel like they can't come in because they feel like there are other students who have

more serious concerns," Nafziger said. "Because we would like to be helpful to a big range of students."

The Sexual Assault and Anti-Violence Information Office is another free and confidential resource for students.

SAVVI outreach and advocacy specialist, Felicia Gallegos, said SAAVI serves primary survivors (those who experience interpersonal violence themselves) and secondary survivors (those who know somebody who has experienced violence).

"Interpersonal violence includes a broad range of things," Gallegos said, "It includes bullying, stalking, hazing, sexual assault, rape, domestic violence, dating violence, and unhealthy relationships, generally."

Gallegos said SAVVI can help students with much more than reporting sexual assault through its three branches: outreach and prevention, advocacy and therapy.

The outreach and prevention branch includes training and classroom presentations, while the advocacy branch includes three specialists who help students report sexual assault crimes and make accommodations to help the victim heal or deal with reporting.

Gallegos said the victims who go through with reporting can receive help from SAVVI advocates. Advocates are with clients throughout the entire reporting process helping them report the assault to either the Title IX office or to the police, preparing the victim for interrogation, and — if it ends up going to court — acting as the victim's advocate.

"We're a support system," Gallegos said.

Gallegos said it's important to know that if a victim decides to report their assault to the police, the interrogation is automatically shared with the Title IX office because police reports aren't private and because SAVVI helps with students at USU. But if a victim decides

STUDENT RESOURCES:

COUNSELING AND PSYCHOLOGICAL SERVICES

435-797-1012 • TSC 306

SEXUAL ASSAULT AND ANTI-VIOLENCE INFORMATION OFFICE

435-797-7273 • TSC 311

USU HEALTH AND WELLNESS CENTER

435-797-1660

USU MARRIAGE AND FAMILY THERAPY

435-797-7430

to report to Title IX first, Title IX is a private entity, so they don't send the interrogation to the police unless the victim grants them permission to do so.

The therapy branch includes two therapists who specialize in trauma therapy and cognitive processing to help victims process and heal from their experiences.

Gallegos said students don't come in just to report their assaults, but for a variety of other reasons. Students can come to them just to talk through their experience and there is no pressure to identify what happened or to seek action.

Gallegos also emphasized that just because a victim reaches out to SAVVI and talks to them does not mean that SAVVI will file a report.

"That's not how it works," Gallegos said. "It's completely in your hands, and really, you just shouldn't have to do it alone. That's why we're here."

Gallegos said there is a SAAVI club and a peer-educator program on their website, and are great ways to help those around you and it's a way for survivors to heal, by helping others.

"You're not alone and you don't have to be," Gallegos said, "You don't need to process it alone."

If you or someone you know is suffering from mental illness or experiencing a traumatic event, feel free to call:

Campus police (for after-hours emergency help on campus for trauma and life-threatening situations): 435-797-1939

CAPSA 24-Hour Crisis Line and Mobile Crisis Response team (for domestic violence and sexual assault services in Cache Valley): 435-753-2500

National Suicide Prevention Lifeline: 1-800-273-8255

If you are deaf & hard of hearing call: 800-799-4889

Ayuda En Español: 1-888-628-9454

Or visit their website for more options.

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Despite new therapists, the CAPS waitlist continues to grow



By Spencer Burt
NEWS EDITOR

Utah State University's Counseling and Psychological Services have improved since the 2017-2018 school year, said LuAnn Helms, but the demand for therapists is still not met.

Helms, the current acting director of CAPS, said that even though the student fee implemented fall 2017 has allowed for additional therapists to be hired, they are still understaffed. There have been up to 67 students on the waitlist for counseling this semester, she said. These are students who have been evaluated and recommended for therapy, but have not been able to receive the help they need yet.

"That's really sad for our students," Helms said of those who have been recommended therapy but haven't been able to receive help. "We need more therapists."

USU spokesperson Tim Vitale said the CAPS fee increase, approved spring 2017 and implemented fall 2017, has allowed for three new therapists to be hired with "ongoing, permanent funding." This includes Kim Myers, who Helms said works out of Salt Lake and is assigned to the regional campuses.

The International Association of Counseling Services recommends college campuses have one therapist to every 1,000-1,500 students. To meet this, USU would need eight additional therapists.

However, Helms said she doesn't want waitlists to prevent students from seeking help.

"We will continue to work as hard as we can and help as many people as we can, for as long as we can," she said. "The more people we get, the more people we can help."

There is a therapist available every day for students who visit the CAPS office "in crisis," Helms said. Students and faculty can also report a "student of concern" online if someone they are worried about a student's safety or well-being. Helms said there used to be only a few reports a month, but they now receive them every day. Faculty and staff have done an "excellent job" getting students help, she said.

Helms also addressed that not every student struggling with mental health needs individual counseling. Some may benefit from attending a workshop, a couple of stress management sessions, or self-help resources, which she said they are trying to implement more of.

Vitale also stated via email that adding more therapists is "only part of the answer."

"We need to get at the root causes of this problem, which means addressing student well-being on a number of fronts," he said.

He said other resources at USU, including the Marriage and Family Therapy Clinic, the Psychology Community Clinic, the Student Wellness Center and the Sexual Assault and Anti-Violence Information office, can "help address problems at earlier stages, which in the end might alleviate pressure on CAPS later on."

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Controlling compulsive obsessions

USU student shares what OCD is and how it affects her everyday life

By **Shelby Black**
STUDENT LIFE STAFF WRITER

“I wish people knew that just because I have OCD, it doesn't mean I am crazy,” Megan* said. “I just have anxiety and tendencies that people might not understand. It's something that we can overcome.”

At nine years old, Megan was diagnosed with obsessive-compulsive disorder.

“The ritual I struggled with was if I went in a door, I would have to go out of that exact same door. If I didn't do it, it would give me a lot of anxiety,” Megan said.

She started seeing a therapist at age 14 that specifically dealt with OCD.

“I didn't want it to control my life anymore. It gives you a lot of anxiety and it can be extremely frustrating. You don’t want to have these tendencies,” Megan said.

Megan has developed the ability to handle her intrusive thoughts, but there can still be struggles.

“I find that sometimes I will still have the tendency to think those thoughts, but I've learned how to push them aside,” Megan said.

“You have to work with your mind to talk yourself through it and recognize that it is a OCD thought.”

Obsessive-compulsive disorder is a mental health disorder characterized by intrusive thoughts they cannot control. It involves two different components which include obsessions and compulsions.

Brian Merrill, a psychiatrist, said, “Diagnosis is made when the patient falls in this category

of intrusive doubts and it interferes with their capacity to function. Some people spend a hundred percent of the time thinking these thoughts, but for others it's only a couple minutes.”

The spectrum of OCD is broad and includes examples such as hypochondria (anxiety about one’s health), mysophobia (the fear of germs) and constant worrying.

Those with OCD may be triggered by things that others find routine. Merrill explained that

situations or have doubts in their faith.

“They are having doubts about something they care about a lot. What you care about will create your intrusive thoughts,” Merrill said.

Researchers have also identified a relationship between genetics and OCD. Merrill described a project going on in Scandinavia with identical twins. The twins were placed in different families and then studied to see which ones developed OCD and which ones didn’t. Twins have the exact same DNA so

“Clients are exposed to the thoughts, objects or whatever they're obsessed with, and make a commitment not to engage in these behaviors or thoughts. Over time the new behavior of not obsessing becomes a habit,” George said.

On campus there are several resources available to students struggling with OCD, including the Utah State Student Health Services office, Psychology Community Clinic and the Counseling and Psychological Services center.

Just because I have OCD, it doesn't mean I am crazy.

— Megan*

while it is normal for a person to check that they turned off the lights before leaving home, someone with OCD will do it compulsively. Instead of checking just once, a person with OCD will check multiple times and be “obsessing over this thought.”

So what brings OCD on? The most common trigger is being placed in stressful situations.

“People develop OCD as a way to feel like they have control in their lives when they feel in some way that their lives are out of control,” said Michelle George, a therapist at Redwood Family Therapy. “I believe the cause is often trauma or chronic high stress, which causes people to feel out of control in their lives.”

An OCD patient’s doubts can become their worst nightmare. Merrill said it is not uncommon for missionaries of The Church of Jesus Christ of Latter-day Saints to start having symptoms when faced with unexpected

researchers expected both twins to develop OCD. While that was not always the case, there was a strong association.

“Generally it is genetic anxiety and a person's predisposition,” Merrill said. “Being in a stressful situation brings it out. Once they start having these symptoms, it wears a groove in their brain.”

Merrill said the diagnosis can be uncomfortable for some patients.

“The way that I diagnose is I ask the patients about worrying,” Merrill said. “If they are honest with me, they will tell me what's going on. It's difficult for them to divulge because it is disturbing to them. They usually are very fearful and embarrassed that they worry about this.”

There are many ways to treat patients with OCD, ranging from medication to therapy. One of the most common therapy methods is called exposure and response.

“It’s our responsibility to stay trained on the latest treatments for OCD,” Merrill said.

Mental health is a serious subject, he said, and it is more common than most people think it is.

“As far as people coming in here for OCD conditions, it's about 100 per year. It’s every couple days I’m going to be seeing someone with OCD,” he said. “Having disturbing or doubtful thoughts throughout the day can be a signal that you have OCD. I think it is safe to say that there is probably one-third of people who go undiagnosed.”

More information on the USU Student Health Center can be found health.usu.edu

“The odds are that you know someone who is struggling with their mental health,” Megan said. “Showing someone you care and trying to understand them is helpful. Mental health is a serious thing. People should take it seriously and care for people that do struggle.”

**Name has been changed*

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Mental health experts urge careful peer advocacy

By **Alison Berg**
NEWS SENIOR WRITER

Utah State University has spent the last several years making strides toward destigmatizing mental illness and promoting resources for students with mental health needs.

Many students around campus have taken steps toward becoming advocates for those with mental illnesses, and mental health experts at USU say peer-to-peer advocacy is an incredibly useful practice in supporting those with mental illness.

“Most of the time, when we share with another person something we’re distressed about, usually we really just want to connect and feel some validation and support,” said C.J. Sorenson, a professor of social work at USU. “That’s simple, but fundamental.”

Sorenson advises students faced with the task of helping a distressed friend to “listen and empathize,” then point the student to appropriate resources. Sorenson cautioned students to avoid taking on the role of a professional.

“I don’t think it’s wise for lay students to take on the role of professionals,” he said. “But I think it’s appropriate to ask someone else if they’re safe, if they need any support, and evaluate within that student if there might be something that they can do to provide support.”

A 2009-2015 study conducted by the University of California, Los Angeles found that students surrounded by strong mental illness stigma are less likely to seek help than students in supportive atmospheres.

Bremen Acord, a social work student and the president of the USU National Alliance on Mental Illness, said a major goal of NAMI is to destigmatize mental illness. He said there is a strong correlation between those facing stigma and those not receiving help.

Though peer advocacy is crucial in making sure students with mental illness are cared for, Sorenson said, advocacy must be done carefully, or it can produce negative effects.

“It’s important for students to educate themselves about what is already being done, what the real issues are, what the facts are,” he said.

USU psychology professor Tyler Renshaw agreed, emphasizing the importance of listening and empathizing, rather than immediately trying to fix the problem.

“Make sure you are really listening and really hearing people, and not immediately solving their problems,” he said, though he acknowledged this is difficult because of the human desire to solve problems.

If a student is told someone is experiencing significant distress such as suicidal thoughts, panic attack symptoms or other concerning behaviors outside of day-to-day emotions, they should be directed to appropriate counseling or academic resources, Renshaw said.

He added, however, that the person confiding their mental distress in a friend may have tried various resources, which is why he said it’s important to listen carefully and have a personal conversation. He suggests asking the person in need what resources and methods they have tried in the past, as well as what they are currently doing.

“You want to hear their problem from their perspective,” Renshaw said.

Students wanting to increase their advocacy skills can participate in question, persuade, response training — also called QPR, a suicide-prevention program. Students can also complete Upstander training, a sexual assault bystander intervention program.

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MENTAL HEALTH WEEK

THIS DOES NOT DEFINE US.

SATURDAY 3.17

PoBev

TSC Ballroom | 9pm

MONDAY 3.19

Hope Wall

TSC Patio | 11am - 4pm

Kick Off

TSC Patio | 11am - Noon

TUESDAY 3.20

Hope Wall

TSC Patio | 11am - 4pm

Light the Night

TSC Patio | 7pm

WEDNESDAY 3.21

Hope Wall

TSC Patio | 11am - 4pm

Partner w/ Community

THURSDAY 3.22

Hope Wall

TSC Hub | 11am - 4pm

Wellness Fair

TSC Lounges | 11am - 2pm

FRIDAY 3.23

Hope Wall

TSC Hub | 11am - 4pm

Keynote Speaker

Adam Grabowski

TSC Auditorium | 5:30pm

SATURDAY 3.24

Stand up to Suicide Walk

TSC | 10am

USUSA

UtahStateUniversity.
STUDENT ASSOCIATION



SAD

Seasonal Affective Disorder

By Kortni Wells
STUDENT LIFE SENIOR WRITER

Imagine one glance out of a window — one look at the dreary, cloudy, dark skies outside — being enough to keep people inside for days, or even weeks at a time.

For those living with Seasonal Affective Disorder, like many students at Utah State, this is an annual reality. SAD is defined as a type of depression that is affected by the changing of the seasons. This disorder usually begins and ends around the same time every fall and winter.

Symptoms include depression, loss of interest in activities that used to bring enjoyment, low energy, trouble sleeping, feelings of hopelessness, worthlessness and sluggishness, according to the Mayo Clinic. SAD messes with the ability to function normally on a daily basis during the winter months.

Chelsea Beck used to enjoy winter as a child and loved playing in the snow.

“I’m not exaggerating one bit, but now I dread everything about winter,” Beck said. “Since I started actually paying attention, I’ve definitely noticed a shift in my outlook when the spring and summer months come on. I have more of a drive to work hard and get things done.”

Beck said it’s a cycle she repeats every year. “I just shut down which I know isn’t healthy, but some days I just can’t function,” Beck said.

Sophia Harper is a music therapy major at USU who lives with SAD and says that it’s more than just being bummed out during the winter.

“It’s honestly so exhausting. Constantly fight-

Anxiety is the paper cut, and depression is the punch to the gut.

“I want to help others get out of it, even though there isn’t a lot I can do,” Earling said. “There needs to be a way to get rid of the stigma and inform others about mental health.”

Earling said being with people is a good dis-

— Hannah Earling

ing your own mind to get things done just adds three levels of exhaustion to the already tiring life of a college student,” she said. “The fact that it gets dark so soon isn’t helpful because your brain automatically thinks it’s sleep time, even if it’s four in the afternoon.”

Besides professional therapy and appropriate medication, there are ways to cope with the sadness that one might not always think about.

Beck said it is important to recognize that SAD is a very real condition.

“I would like for people to understand that during fall and winter more than any other time of the year, some of us just need to sort of shut in to be able to process the anxiety we are experiencing,” Beck said.

Hannah Earling also struggles with anxiety and depression, as well as SAD. She has found ways to remain optimistic, even when it isn’t always easy.

traction and is a good way to take mind off of things.

“I care for people personally, and I care for everyone,” Earling said. “I want to be there for people and be their friend. It’s important just to be there for people.”

One night in the middle of winter, Earling decided she needed to get out of her room, the place where she felt the most depressed.

“I walked across the street to the park in the middle of the night. It actually helped but it wasn’t a cure,” she said. “If you feel depressed, take time to get out of the place that makes you feel that way, go find something to do or call up a friend. It can help you focus on other things.”

Earling encourages those who struggle with SAD, as well as depression and anxiety to verbalize their emotions, and not to keep them in.

“You may feel like the world is against you

and like everyone hates you. Anxiety is the paper cut, and depression is the punch to the gut,” Earling said. “It isn’t good to pretend that life is just great all the time.”

One Utah State student, who asked to not be identified, has found medication and counseling to be helpful. Lightbox therapy mimics natural light during the winter months when less sunlight is readily available. According to the Mayo Clinic, lightbox therapy affects brain chemicals that have to do with mood and sleep.

Harper said that SAD can completely override everything else in life. Luckily she has found found therapy through the CAPS office to be the most useful for her.

“I have a great therapist who helps me learn coping mechanisms and has taught me the difference between taking care of myself and coddling my mental illness,” Harper said. “It helps to have someone who knows things that are going on.”

Harper also encourages reaching out to others who struggle with mental illness and SAD.

“Mental illness isn’t the pain Olympics,” Harper said. “Being depressed and having anxiety does not define you. It’s important for others to acknowledge that we have mental illnesses. We just want you to acknowledge and let us feel what we feel without judgement.”

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MENTAL HEALTH WEEK

WEDNESDAY 3.21

Hope Wall
TSC Patio | 11am - 4pm
Partner w/ Community

MENTAL HEALTH WEEK

THURSDAY 3.22

Hope Wall
TSC Hub | 11am - 4pm
Wellness Fair
TSC Lounges | 11am - 2pm

‘Things weren’t perfectly perfect’

USUSA VP opens up about personal mental health struggles

By **Alison Berg**
NEWS SENIOR WRITER

Joe Aratari was a sophomore at Herriman High School when he started severely struggling with mental health.

Aratari is a junior majoring in communication studies, and he is the current student events vice president for the Utah State University Student Association.

He went to middle school in Riverton, but had to break from his friends to attend Herriman High School. Though the cities are only about five miles apart, the change was more difficult for Aratari than he expected.

“I started noticing I didn’t really know who I was,” he said. “I was trying to figure that out and kind of got down in the dumps.”

Toward the end of his sophomore year, Aratari was diagnosed with depression, which led him to start seeing a counselor and taking medication. He took breaks during the school day to attend therapy sessions, but never faced criticism from his teenage classmates.

“I think it was good for them to know that things weren’t perfectly perfect in everyone’s life,” he said. “I think that was really valuable because in high school, and even in college and in life, we don’t really know what’s going in people’s lives, and we can see them as living this great life, but you don’t really know what’s going on.”

Though he attempted to hurt himself once, he received help immediately and made his way through high school taking his mental health struggles on a day-by-day basis.



PHOTO BY Chantelle McCall

But things changed when he moved to Logan to attend USU.

“Your roommates become your friends and your family as well, and you kind of have to grow a support system and connect with other people and, once again, figure out who you are and who you want to be on a different level,” he said. “It’s definitely scary.”

As a freshman, he applied for a position in the student events office, and was placed on the USUSA activities committee, which he attributes as a major source of his happiness and success at USU.

After two years working on various committees in the student events office, Aratari ran for USUSA student events vice president, and after a tough election, knew he needed to seek help.

“I realized it was getting to a point where I needed to start talking to someone again,” he said.

Though his position as a vice president has been incredibly rewarding, he said, with tears falling from his eyes, his depression sometimes makes it difficult for him to support his three directors in their work. But he communicates when he’s struggling and said they’re always understanding.

“I think it’s made me more vulnerable and more of not just a boss or the vice president,” he said, but “their friend and understanding coworker.”

Though many people he’s met through student involvement have impacted his life, Aratari said Felicia Gallegos, his best friend and a former USUSA activities director, has made the largest difference in his time at USU.

“She’s incredible. I cannot express the amount of love that I have for Felicia.” He said. “She’s been there for me every day since the first day I walked into that office my freshman year.”

Gallegos, the outreach and advocacy specialist at the Sexual Assault and Anti-Violence Information office, said seeing Aratari grow

through his time at USU has been rewarding for her, and the two have built a support system through one another.

Almost weekly, she said, the two will go to Starbucks and then drive around listening and screaming to Rihanna’s “Higher.”

“It’s two minutes exactly of the greatest lyrics. They don’t make any sense, but we will blast it and just scream it,” Gallegos said. “We don’t sound pretty at all, but that’s our moment.”

Though Aratari’s position focuses primarily on overseeing events, he ran hoping to make a difference for others and pass on what he said has been given to him.

“It’s been very motivating and encouraging, because I see the struggles that I’ve been through, and it makes me see the light at the end of the tunnel through doing involvement and becoming something more than yourself,” he said, “so for me to be able to provide that for others and see others also be going through anxiety and depression and other mental health and physical health needs, I think it’s really motivating for myself to be an example in a way.”

Aratari added that college can take a mental and emotional toll on students, but it is worth it in the end.

“There always comes that time when you get in your head a little more than usual and wonder if it’s worth it,” he said. “I think at the end of the day, it’s important to remember that it always is.”

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PHOTO BY Chantelle McCall

MENTAL HEALTH WEEK

FRIDAY 3.23

Hope Wall
TSC Hub | 11am - 4pm
Keynote Speaker
Adam Grabowski
TSC Auditorium | 5:30pm

MENTAL HEALTH WEEK

SATURDAY 3.24

Stand up to Suicide Walk
TSC | 10am

OVERCOMING INJURIES

By Daniel Hansen
SPORTS SENIOR WRITER

A lot of attention in the sporting world recently has rightfully been focused on the mental health of athletes. NBA stars DeMar DeRozan and Kevin Love shone a personal light on a topic that's not frequently addressed, speaking out about their own struggles with mental health. Athletes grind day in and day out, placing large amounts of stress on themselves in the process; expecting them to not struggle under those burdens is a naive view of things. Most people feel the pressures of stress and anxiety in some manner. Athletes are expected to overcome these everyday challenges while also performing athletic feats the like of which most of us could hardly hope to achieve.

Adding to those challenges the athletes face is another facet of mental health which nearly every athlete must deal with, but is often overlooked and misunderstood — the mental obstacle caused by injuries.

While I may not be a collegiate athlete, I understand that obstacle on a very personal level. In the spring of 2010, I broke my leg in what can only be called a freak accident. The part of the tibia where my patellar tendon (the large tendon that holds your kneecap in place and connects your quadricep to your lower leg) fractured and completely chipped away. Long story short, I crumpled to the ground and immediately grabbed my leg. Normally, if you grab for your patellar tendon, you'll feel a large, slightly triangular tendon right below your kneecap. At that moment, for a split-second before my leg could swell, I felt only a concavity.

After a major injury, those kinds of memories never fully leave you. I can still vividly remember crumpling to the ground and freaking out that I could not straighten my leg (without a full anchor for my quad, I lacked any ability to do so). I can remember attempting to walk on it, but only stumbling in pain. I remember the initial x-rays, walking into my house on crutches for the first time, and the complete helplessness caused by such an injury.

Physical therapy is designed to erase those memories. While the obvious problems to correct are physical, in many ways the largest obstacles to overcome after an injury are mental.



In this photograph from Feb. 2, Utah State gymnastic's junior Emily Briones poses after a floor routine that earned her a 9.700 score. Briones returned to competition this season after an Achilles rupture last year.

Learning to trust a knee or shoulder or any injured body part after an injury is extremely difficult. Years after an injury an athlete may still feel apprehension about pushing an injured extremity to its limit.

Any injured athlete loses valuable time in the prime of their physical ability, but the lost time is magnified for student athletes, whose careers are limited to a very short four years.

In the case of a major injury, unless the athlete is lucky enough to receive a medical exception, the clock starts ticking after the injury to get back into the game as quickly as possible to fully use those four years.

A prime example of this would be Utah State junior gymnast Emily Briones. Last year, in

only the fourth meet of the season, Briones tore her Achilles tendon while performing a pass during her floor routine. A full Achilles rupture requires approximately six weeks of no weight-bearing to heal. Full recovery time usually lasts about six months, the majority of which are spent in solitude. Physical therapy is very much a personal battle — combined with being unable to do much more than sit

enough after a serious leg injury. Building it back to the point of doing a full flip and landing on only a 4-inch beam? Nearly impossible.

"It was really scary and I think it was hard because there would be times where I'd be doing really well, it doesn't hurt at all like it's completely fine," Briones said. "But then I would do something like a tumbling pass on floor and it would give out and that would totally freak me out because it's like 'well what if I do this next pass and it tears again?'"

You never truly get over those thoughts. Once you suffer a traumatic injury, your mind continually entertains the idea

What if I do this next pass and it tears again?

— Emily Briones, USU gymnast

and wait for an injury to heal, the journey back to full health and activity becomes a very lonely one.

"I was out the whole year," Briones said. "I was used to traveling with my team, being a part of my team, and I had to definitely find a different role which was really hard."

Whether you're an athlete on a team, or an average Joe just trying to get back to a normal day, finding what that role or inspiration is becomes a key point in the rehab process.

"Mentally, I wasn't in a good spot that whole season," Briones said. "Once I got hurt, it got way worse because I felt like I wasn't able to contribute. It wasn't until the summer where I decided to shift my focus. I kind of had this 'eff it' mentality. I was like, 'yeah, this is going to be really hard but I'm going to work my butt off so that I can do it.'"

It's difficult to explain how horrible physical therapy is to people who have not experienced physical therapy before. An injury isn't healed once a cast is taken off or a brace is removed. That injured extremity is entirely unable to do even the most simple of actions. The only way to "re-teach" it how to do those is to try and do them. For anyone that hasn't gone through physical therapy, take a finger and pull it back as far as you can, to the point where it becomes too painful to pull it back any farther or when your brain steps in to prevent you from snapping your finger off. Now hold it there for an hour. That is a small taste of the pain of physical therapy.

"You look at it and think 'oh, it isn't too bad. It's fine.' Then when you're going through it, oh god, it's like actually hell," Briones said.

For athletes like Briones, the goal of physical therapy extends far beyond that of the average person. Not only are they building strength, flexibility, and endurance to be able to perform basic daily activities, they're trying to return to a superior athletic form. In Briones' case, that's performing at a collegiate level on balance beam and on floor. Regaining the confidence to take a single step is difficult

of it possibly happening again. Rejecting those thoughts and trusting all of your work to be able to perform to your fullest abilities is an everyday struggle.

"Honestly it's really hard. Even now when it hurts a little bit, there's always that doubt in your head where you're like 'well you know', because it's kind of bothering me today but you just have to get in and get the job done and whatever happens, happens. That's kind of the mentality that I had. I'm a pusher."

But why push so hard to return to where you once were? Or even further? Returning to daily activities is already painful enough, why submit yourself to additional misery to return to a sport? As Briones puts it, summiting that mountain is reward in and of itself.

"Honestly, it's so crazy. It's indescribable," Briones said. "All of those hours of physical therapy. Blood. Sweat. Tears ... All of it comes together and it's the absolute best feeling. You just feel like everything paid off. I don't know, it's just awesome, it's just so great. It's just the best feeling in the world."

In her return from injury this season, Briones competed on balance beam and scored a 9.825, the second-highest score for Utah State in the meet. Competing in every meet this season for the Aggies, Briones has recorded a career-high 9.925 on beam, tied for the fourth-highest score on the apparatus in USU history. She's also posted multiple scores of 9.800 on floor, the same apparatus where she injured her Achilles last season.

Former MLB manager Tommy Lasorda once said that "the difference between the impossible and the possible lies in determination." So much of sports is about trying to break the limits of what is thought to be possible.

In a way, rehabbing from an injury is doing the same thing: convincing your brain that, just like before the injury, you can.

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USU tuition raised 3.9 percent



PHOTO BY Kyle Todecheene.

Utah State University President Noelle Cockett speaks at the “Truth in Tuition” presentation held on March 14, 2018. She discussed the different tiers in the 3.9% raise in student tuition for the 2018-19 year.

By Bobbee Russell
STAFF WRITER

Utah State University will be increasing its tuition* cost by 3.9 percent for the 2018-19 school year, the second year in a row a tuition increase has been implemented. USU President Noelle Cockett and USU Student Association President Michael Scott Peters discussed the increases at the “Truth in Tuition” presentation Wednesday.

All higher education institutions in the state are required to increase their Tier I tuition by 1.5 percent in the 2018-19 academic year. The Tier I increase is decided by the Utah Leg-

islature, based on salary increases, which then must be approved by the Board of Regents.

“I did not have much say on that,” Cockett said, “and I’m sorry to say that students have even less say on that.”

Individual universities have no control over Tier I tuition increases, but control the Tier II increases.

Cockett explained that Tier II tuition is used for university initiatives. The money is used to put USUSA ideas into action. Cockett said she specifically wants to use this funding for disability resources.

Peters added that Tier II tuition will be used for compliance issues, specifically with sexual assault, mental health and speeding up the process for Title IX investigations. Funds will also go to the Sexual Assault and Anti-Violence Information office.

Tier II tuition will increase by 2.4 percent.

Peters said other issues fellow student body officers brought up included classroom improvements, such as getting rid of boxelder bugs in the Ray B. West building.

Cockett said USUSA has a fund in place for classroom improvements, which she hopes to

add to.

Peters added that after USUSA officials met, his door was open to students to come and share anything they wanted to change.

“We did not receive any further requests, but there are more years and more opportunities,” Peters said.

He added that his door is still open if there is anything students want to discuss.

Tier I tuition will cost in-state students an additional \$45.78 plus Tier II tuition is \$73.25. The total increase for in-state students is \$119.04.

USU students provide 43 percent of the university’s academic budget, and the state covers about 57 percent.

Cockett said the state gives USU \$1.37 for every dollar collected in tuition. She added that the state hasn’t restored the funds that were drastically cut from the university during the recession.

USU is not receiving any additional funding from the legislature for faculty promotion. When assistant professors are given a tenure-track position and promoted to associate professors, they receive a one percent salary increase.

In the 2017-18 year, Cockett said, USU had 65 faculty who were considered for promotion and tenure.

Compared to 20 other universities in the West, tuition at USU is the sixth lowest. Compared to other states, Utah’s public institutions have the third lowest average tuition rate.

Snow College is the cheapest Utah college, with in-state resident tuition and fees at about \$4,000 a year. The University of Utah is the most expensive at \$9,000. USU’s in-state tuition and fees cost about \$7,000 a year.

Cockett said that people “can’t believe” USU’s tuition price is so inexpensive — especially people from California who pay up to \$40,000.

“We know these are your dollars,” Cockett said. “We need to be careful stewards of them.”

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*Tuition increases apply to students taking 12-18 credits

Utah Supreme Court hears 2 cases at USU

By Alison Berg
NEWS SENIOR WRITER

The Utah Supreme Court heard oral arguments from a civil and criminal case Monday on Utah State University’s Logan campus.

“It’s a great opportunity for students to learn more about how government works,” said Joe Ward, the dean for USU College of Humanities and Social Sciences.

Janelle Hyatt, the director of communications for CHaSS, said the court contacted USU employees and offered to spend a day on campus. They wanted to be involved with students, those in law and constitutional studies.

“This could be the start of a new tradition,” Hyatt said.

The Supreme Court meets primarily in the Scott M. Matheson Courthouse, located in Salt Lake City. Neil Abercrombie, USU’s director of Government Relations, said the Utah Supreme Court travels once or twice a year, but usually go to law schools, such as the University of Utah and Brigham Young University.

It was a “unique” experience for USU, Abercrombie said, because USU doesn’t typically host the court.

USU president Noelle Cockett thought the event was “absolutely fascinating” and hoped students felt the same way.

The purpose of student events, Cockett said, is to expose students to possible career choices. After the arguments were heard, the justices held a Q&A with audience members.

First case: State of Utah v. Cooper John Anthony Van Huizen, No. 20170304-SC

Four of the five Utah Supreme Court justices joined 1st District Court Judge Brian Cannell in the Utah State University Russell/Wanlass Performance Hall to hear the oral arguments for the first case.



PHOTO BY Megan Nielsen

The Utah Supreme Court came to Utah State University Monday, Mar. 19, 2018. Two oral arguments were brought before the Utah Supreme Court and open to the public.

In the criminal case, 16-year-old John Anthony Van Huizen pled guilty to two counts of aggravated robbery and one count of aggravated burglary. Under the Serious Youth Offender Act, Van Huizen was charged in 2nd District Court, rather than Juvenile Court.

While serving his prison sentence, Van Huizen obtained new legal counsel and appealed the court’s decision to bind him over to the adult system, claiming the judge who bound him over was required to recuse herself because she is married to then-Weber County chief deputy prosecutor. According to court records, the then-prosecutor was not directly prosecuting the case, but did provide advice to prosecutors on the case.

The Utah Court of Appeals ruled in Van Huizen’s favor, overturning the Ogden judge’s decision to charge him in adult court.

Christopher Ballard, assistant solicitor general in the Utah Attorney General’s Office, and defense attorney Elizabeth Hunt presented arguments to the court for about an hour Monday morning.

Ballard argued the Weber County judge was not required to disclose her marriage because it is not considered bias, while Hunt argued Van Huizen’s previous attorney failed to inform the defendant and his parents of the marriage, though it is unclear whether or not the attorney knew.

Second case: Teamsters Local 222 v. Utah Transit Authority, No. 20170208-SC

All five members of the Utah Supreme Court were present to hear arguments for the second case on the docket, Teamsters Local 222 v. Utah Transit Authority.

The main focus of the civil case is the definition of “employees” as used in the Utah Public Transit District Act. A reclassification of UTA rail operations supervisors from salaried workers to hourly workers was what caused the confusion.

The reclassified supervisors contacted Teamsters Local 222, a labor union that represents employees in industries that affect commerce, to request assistance in organizing a collective bar-

gaining. Teamsters requested to represent the bargaining unit for rail operations supervisors, which UTA denied.

Teamsters then filed a complaint with the district court. The district court ruled in favor of Teamsters in October of 2015, saying that “rail operation supervisors” are “employees” and could organize and collectively bargain. UTA then filed an appeal to the decision.

Troy Booher, the attorney representing UTA, argued to the Utah Supreme Court today that the definition of employees according to the UPTDA was clear and didn’t include supervisors.

Russell Monahan, the representation for the appellee Teamsters Local 222, told the court that the UPTDA didn’t intend to limit employees.

More information on the cases is available at <http://chass.usu.edu/court>.

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Editor’s Note: Eddie Collins contributed to this report.

SL

STUDENT LIFE

Celebrating spring through dance

By Carson Wolf
STUDENT LIFE STAFF WRITER

Utah State University’s Native American Student Council hosted its 45th annual Pow Wow, “Echoing Traditional Ways,” this weekend.

According to USU’s Access and Diversity Center, Pow Wows are traditionally = held in the spring to “celebrate the new beginning of life, (honor) warriors, personal achievements, and ceremonies for dropped eagle feathers.”

The Pow Wow begins with the grand entry, everyone stands as flags are brought into the arena by veterans and followed by elders, princesses, and powwow organizers.

The Pow Wow consists of a drum contest, dances, and the display of traditional clothing.

The different dance categories are: men’s traditional, grass and fancy dance, women’s traditional, jingle and fancy shawl dance.

The dancers compete in different age sets: Golden Age, adult, teens, juniors and Tiny Tots.

Celena Powaukee, age 22, is from Fort Duchesne, Utah and said she got into dancing because of her dad.

“My whole family dances. But my dad, he really, really loves to dance,” Powaukee said.

Powaukee competed in the women’s traditional dance, “I dance for those who can’t. The elders in the tribes, I see them and I know that is why I’m dancing.”

Lilliam Eaglespeaker, age 15, is from Blackfoot Idaho and has been dancing for 13 years. This weekend Eaglespeaker competed in the women’s jingle dance, she started off dancing in the fancy category but switched to jingle because of her mom.

“I loved to watch her dance and I knew I wanted to do it just like her,” Eaglespeaker said.

Other special dances include the men’s switch dance by the NASC committee, the women’s switch dance hosted by USU’s Center of Women



and Gender, head man special by men’s northern traditional and head women special by the tiny tots.

Nathaniel Oxendine, 19, is from Fort Duchesne, Utah and says he dances because of his parents.

“I want to honor them,” Oxendine said.

The Pow-Wow preserves a deep, lasting sense of family, pride and tradition. Behind the display of dance, music and vibrant regalia are sacred legends and meanings, according to the USU Access & Diversity website.

“I love seeing my family from all around the

country, it feels good to be around so many people that I love,” Oxendine said.

Even those who didn’t participate in the Pow Wow were in attendance.

Parker Moyes, age 23 from Brigham City, Utah said the atmosphere made him wish he grew up with stronger traditions.

“The costumes are just so amazing, so intricate,” said Moyes.

The Pow Wow ran for two days at the USU Nelson Field House.

“The feeling in this room is great, so full of love,” Powaukee said. “I just love being around my family.”

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🐺 WereWolf74_



PHOTOS BY Kyle Todecheene

The annual USU Pow Wow is generally held in the spring to celebrate the beginning of life, warriors and personal achievements. The event usually features dance categories such as traditional men and women, grass and fancy dance, jingle and fancy shawl dance.



Track and Field missing familiar face

For the first time in 34 seasons, team is without head coach Gregg Gensel on the sidelines

By Jason Walker and Matthew Harris
SPORTS STAFF

After enjoying success in the indoor season, the track & field and cross country teams are set to welcome the outdoor season. But one name remains conspicuously missing from the roster — one of the winningest head coaches in program history: Gregg Gensel.

Utah State University has been tight-lipped concerning details surrounding the departure of the Gensel. The former coach spent 34 years with the team — 28 as the men’s head coach and 23 at the helm of the women’s team, the last 23 being concurrent with the men’s team.

During his tenure as head coach, the Aggies men’s and women’s teams won 36 combined conference championships.

According to records obtained by the Statesman, the 58-year-old Gensel had his employment terminated Nov. 8. However, the university did not send out a formal public announcement until a press release on Dec. 22.

The press release announced that Utah State was promoting assistant track and field coach Matt Ingebritsen and assistant cross country coach Artie Gulden as interim head coaches of the respective teams.

The release had just one sentence regarding Gensel, stating that he was “no longer employed by the university.” USU has yet to make either of the interim coaches a permanent hire.

After learning of the Dec. 22 news release, the Utah Statesman inquired about Gensel’s employment and why he was no longer with the team. In response, a Utah State representative said in an email that Gensel “no longer works for the university.”

The track & field and cross country teams themselves haven’t even received an official explanation as to what happened. Interim track & field head coach Matt Ingebritsen said he was “never even given a clear answer” as to what happened to Gensel.

“I believe they were deliberately leaving us in the dark like that just so we wouldn’t have to answer questions we weren’t capable of answering,” Ingebritsen said.

Dillon Maggard, arguably the best runner the program has ever seen, said Gensel “stepped down.” Maggard owns multiple USU records and has been selected to the All-Mountain West team and Second Team All-American in his four years with the Aggies.

Track & field and cross country graduate assistant Sean O’Sullivan said in an interview on Feb. 25 the last he’d heard was that Gensel was on “administrative leave for personal reasons.”

The Statesman reached out to Gensel, but he did not respond to requests to comment on his departure from the university.

A government records requests has been submitted by the Statesman for emails and other correspondence between Gensel and fellow members of USU athletic department staff including athletic director John Hartwell.

Since 2005, Gensel had coached the women’s cross country and track & field team to four titles and 13 for the men’s teams in that same span. He was named Conference Coach of the Year 38 times and coached 262 conference individual champions and 39 All-Americans during his time with Utah State.

@thejwalk67
@snowmatt1417

Historic night for Aggie Gymnastics

Utah State earns third-highest team score in program history

By Jason Walker
SPORTS EDITOR

The Utah State gymnastics team scored the third-highest team score in program history Friday night, totalling 196.500 in a win over SUU.

It was the second time in three meets Utah State was able to set a season high score. The last time coming against BYU at home with USU finishing with a 196.100.

Four Aggies either set or tied career-high marks and the team scored 49 or better in all four events — the first time they’ve done so this season.

“It was fun to finally have the team show what they are capable of doing,” head coach Amy Smith said. “They brought their best when their best was needed. And that’s what we’ve been asking for this week and they knocked it out of the park. I could not be more proud.”

One of the more special moments came when sophomore McKinley Pavicic got up onto the balance beam. Friday was her birthday and she was the final Aggie to take to the beam. And in glorious fashion she tied the school record in the event with a 9.950.

“It was just honestly really great to be surrounded by my team, and my family’s here,” Pavicic said. “That was probably the best birthday present I could have asked for.”

Three of the four career scores came on bars. Madison Ward and Mikaela Meyer both tied their career-best marks in bars with a

9.875 and 9.650 respectively. Jazmyn Estrella shattered her previous personal high of 9.875 with a 9.925 — a score that tied for sixth-highest in USU history.

Ward, in addition to her personal best in bars, tied her season high in vault and took first overall in floor with a 9.900. Ward finished with an all-around score of 29.625 in three events, taking home first in two (vault and floor) and tying for second in the other (bars).

Utah State has been steadily improving and are in good shape heading into the postseason. Friday was their final regular season meet of the year, in addition to being the final home meet.

In the Aggies’ first eight meets, they averaged a 194.872 and did not exceed 195.500. But they have exceeded that mark in each of the last three meets and have averaged 196.108.

Despite reaching so high, Smith believes the team has more in them. She said the team hasn’t “gone lights out yet” and she said she’d like to see the team reach even higher next week at the conference championships.

The Aggies will compete next at the Mountain Rim Gymnastics Conference Championship in Cedar City, Utah on Saturday night.

@thejwalk67



PHOTO BY Tim Carpenter
Utah State sophomore McKinley Pavicic performs a routine on the balance beam in a competition against BYU two weeks ago. Pavicic tied for the highest mark in program history on beam against Southern Utah with a score of 9.950.

USU HOME EVENTS — 3.20 - 3.26

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3.25.18 — MONTANA

SUNDAY | 10 AM

MEN'S TENNIS

3.24.18 — UNLV

SATURDAY | 1 PM

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GO AGGIES

COLUMN: Where is the diversity in USUSA?

By Shelby Black
STUDENT LIFE STAFF WRITER

Where is the diversity in USUSA?
Recently I attended a meeting of one of the multicultural groups at Utah State. It was a discussion based meeting that focused on student involvement and leadership. A reoccurring theme came out and it opened my eyes — where is the diversity in USUSA and other leadership positions?
I honestly had never questioned this before. Not being a minority myself, I really just did not notice. This sense of disillusionment that the majority of us live in contributes to the fact that there is a lack of diversity in USUSA.
Past, present, and future candidates for USUSA have been majority all white. In our current USUSA there are two people who could be considered minorities, Chelsea Yoshikawa and Anuj Khasgiwala. In the most recent elections both candidates for diversity VP were white males. Why aren't minority groups more represented in our student leadership positions?
There isn't one group or person to blame for this issue. I mean who do you point the finger at when you aren't fully sure how to solve the problem. A first way I see it could change is actually having diverse candidates run for



“In our current USUSA there are two people who could be considered minorities.”



positions of power. At the meeting this was briefly touched on. Several students expressed how they have applied several times for various positions such as; Blue Crew, A-Team, and other committees, and never gotten accepted. They had given up on trying for these positions.
For me, this was very disheartening to hear. As a freshman, I came here with the belief that anyone can achieve anything they want to at a University. I believed that opportunities were open to all who would work for it. But now I question this.
My message to these students who feel like giving up is please don't. We need you. We need your perspective, knowledge, and experiences to lead us into the future. If you want your voice to be heard you cannot be silent. Doing nothing will not allow for change. So to see a difference we need you to be the difference.
My next thought was why wouldn't we want diversity in our leaders? The university setting is ideal to meet so many different kinds of people and learn from them. Having diverse student leaders would only increase this. Imagine how many more diverse students would be interested in attending Utah State if they saw that our student leaders represented them.
Maybe a idea is to have our current leaders reach out to minority groups. If our leaders expressed interest in their problems and listened to them it would lay down a foundation for this cycle to be broken. Then these smaller groups would feel validated enough to again try for these positions of power.
I want my leaders to represent everyone. Latinos, Blacks, Polynesians, Whites, everyone deserves to have their perspective heard and shown through our student leaders. It will make us stronger as a university and allow for us to create change. A phrase that our former president Michael Scott Peters coined for 2017 was "Everyone Belongs." So shouldn't everyone belong in USUSA?



Letters to the editor

- 1
Letters should be limited to 400 words. All letters may be shortened, or rejected for reasons of good taste, redundancy or volume of similar letters.
- 2
Letters must be topic-oriented. They may not be directed toward any individuals. Any letter directed to a specific individual may be edited or not printed.
- 3
No anonymous letters will be published. Writers must sign all letters and include a phone number or email address, as well as a student identification number (none of which is published).
- 4
Letters representing groups — or more than one individual — must have a singular representative clearly stated, with all necessary identification information.
- 5
Writers must wait 21 days before submitting successive letters -- no exceptions.
- 6
The Statesman editors reserve the right to not print every letter to the editor. But all letters will be published online.
- 7
Letters can be hand-delivered or mailed to The Statesman the TSC, Room 118, or can be emailed to statesman@aggiemail.usu.edu, or click www.utahstatesman.com.



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TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONDAY
03/20	03/21	03/22	03/23	03/24	03/26
Hope Wall 11:00am TSC Patio	Teacher Fair 9:00am TSC	Hope Wall 11:00am TSC Hub	Huntsman Venture Forum 8:30am Perry Pavilion, Huntsman Hall	Stand Up to Suicide Walk 10:00am TSC	Home School Program: Minerals K-8 10:00am Stokes Nature Center 2696 E Highway 89 Logan
Story Time 11:00am North Logan City Library 475 E 2500 N North Logan	Spanish Storytime/ Hora del Cuento 10:15am Logan Library 255 North Main Street Logan	Wellness Fair 11:00am TSC Lounges	Hope Wall 11:00am TSC Hub	Collette's Junior Recital 1:30pm The Caine Room, Family Life Building	Cup of Joe with Joe 11:00am Old Main Patio/Quad
Leadership Luncheon 11:30am, \$2.00 Logan Golf & Country Club 710 N 1500 E Logan	Hope Wall 11:00am TSC Patio	Spring Fashion Show Bridgerland Applied Technology College 1301 N 600 W Logan	Spring Fashion Show Bridgerland Applied Technology College 1301 N 600 W Logan	Maple Syrup Workshop 1:00pm Stokes Nature Center 2696 E Highway 89 Logan	USU Club Meditation 12:30pm ARC 305
Live Music at Caffe Ibis 1:00pm Caffe Ibis 52 Federal Ave Logan	Free Date Rape Drug Detection Cards 5:00pm Center for Pregnancy Choices 90 N 100 E Logan	Helicon West 7:00pm Logan Library 255 N Main Street Logan	Keynote Speaker: Adam Grabowski 5:30pm TSC Auditorium	Vera, The Gatherers, & Once the Lion 7:00pm, \$8.00 The Cache Venue 119 S Main St Logan	Movie Monday - Wonder 6:30pm North Logan City Library 475 E 2500 N North Logan
Light the Night 7:00pm TSC Patio	Is Hunting & Fishing Conservation? 7:00pm ESLC 130	Teen Thursdays 7:00pm North Logan City Library 475 E 2500 N North Logan	CV Hoops Classic Green Canyon High School 2960 N Wolfpack Way North Logan	Big Band Swing Dance 7:00pm, \$10.00 Elite Hall 83 W Main Street Hyrum	Cache Singles Fireside 7:00pm Willow Park Church

ADD YOUR EVENT AT [USUSTATESMAN.COM/EVENTS](https://usustatesman.com/events)

MENTAL HEALTH WEEK

THIS DOES NOT DEFINE US.

SATURDAY 3.17

PoBev

TSC Ballroom | 9pm

THURSDAY 3.22

Hope Wall

TSC Hub | 11am - 4pm

Wellness Fair

TSC Lounges | 11am - 2pm

MONDAY 3.19

Hope Wall

TSC Patio | 11am - 4pm

Kick Off

TSC Patio | 11am - Noon

FRIDAY 3.23

Hope Wall

TSC Hub | 11am - 4pm

Keynote Speaker

Adam Grabowski

TSC Auditorium | 5:30pm

TUESDAY 3.20

Hope Wall

TSC Patio | 11am - 4pm

Light the Night

TSC Patio | 7pm

SATURDAY 3.24

Stand up to Suicide Walk

TSC | 10am

WEDNESDAY 3.21

Hope Wall

TSC Patio | 11am - 4pm

Partner w/ Community

USUSA

UtahStateUniversity.

STUDENT ASSOCIATION